



EVERYTHING Herbal

— by Cheryl Jabz —

Herbs. Health. Healing. Naturally.

ROSEMARY

(Warm Loving Perennial)

Rosemary is a fragrant, evergreen herb with needle-like leaves and a warm, woody aroma. It thrives in sunny spots and loves the heat!



FRAGRANT
HEALING
TIMELESS

GROWING TIPS



Sunlight: Full sun (6–8+ hours)



Soil: Well-drained, sandy soil (does NOT like wet roots)



Water: Low to moderate—let soil dry between watering



Planting: Best grown from nursery plants (seeds are slow and tricky). Plant outdoors late May–June after frost.



Care: Prune regularly to keep it bushy. Bring indoors before first frost (not winter hardy in Buffalo).



Harvest: Cut sprigs as needed—don't remove more than 1/3 at a time.

USES IN THE KITCHEN & BEYOND

- Perfect for roasted meats, potatoes, and vegetables
- Enhances breads, marinades, and olive oil
- Add to soups, stews, and herb butters
- Can be used fresh or dried
- A wonderful addition to sachets, wreaths, and crafts
- Attracts pollinators and repels certain pests



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Love it
Use it!

Fresh Herbs • Warm Flavor • Timeless Wisdom

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Cheryl Jabz

HERBALIST | AUTHOR | WELLNESS ADVOCATE



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